

Caregiver Support - Caregivers Deserve Help, Too

Whether you are involved in taking care of a spouse or family member at home, in a facility, or at a distance, you will find that easy access to information and inspiration will help sustain you in this effort.

Lifetime Care offers a variety of services and programs to aid people caring for or about someone who is seriously ill or chronically ill. These programs provide respite, strength, information, and a chance to let your guard down in a safe place with understanding people.

In Rochester, we host monthly "Caregiver Wellness Days" at the Center for Compassion and Healing. We also offer support groups where caregivers can learn from one another about taking good care of themselves.

- [View a list of Caregiver Support programs in Rochester/Monroe county \(PDF\)](#)

In Wayne County, Lifetime Care hosts groups for people dealing with cancer and cancer treatment, and for their loved ones. If cancer is touching your life — or affecting someone in your family - you're invited to share experiences, learn new information, and address common concerns and feelings at one of these groups.

Macedon Cancer Support Group: This support group is for anyone who has received a cancer diagnosis. It meets twice a month on 2nd and 4th Thursdays, 1 - 3 PM.

Place: Parkwood Heights, 1340 Parkwood Drive, Macedon, NY

Sodus Cancer Support Group: The first meeting each month (1st Thursday) is open to people whose lives have been touched by others' illnesses (spouses, caregivers, parents, friends, adult children) as well as to people who have or had a diagnosis of cancer. The second meeting of each month (3rd Thursday) is specifically for people who have been diagnosed with cancer. Time: 6:30-8:00 PM.

Place: Father Cavanaugh Parish Center, Church of the Epiphany, 105 W. Main Street, Sodus.

These groups are free and open to the public. The program is supported in part by a grant from the C.H. Stuart Foundation. For more information, please call Roseanne Critchlow or Lori Nickoloff at (315) 332-2563 or (800) 562-1650.